



Winterfeldtstr. 97

10777 Berlin, Germany

0049 - (0) 30 - 214 78 174

Office IN ICI WHO: office@in-ici.net

ICI: www.coaching-institutes.net

WHO: www.world-hypnosis.org

IN: www.nlp-institutes.net

ICI Standards & Curriculum for: ICI accredited "Cognitive-Behavioral Coaching (CBC), ICI"

The qualification for "**Cognitive-Behavioral Coaching (CBC), ICI**" is accredited by the ICI. The member of the ICI as "**Coach Master Trainer, ICI**": **Dr. Sepehr Mozaffari Jovin**, who developed the curriculum, have the right to seal the certificates of this certification course with an ICI seal. If you have any questions, please contact drsepehr.coach@gmail.com, our ICI member directly.

Introduction to "Cognitive-Behavioral Coaching (CBC), ICI"

The reactions that people show to their experiences are deeply related to their way of thinking and believing. Our reaction is not to our experiences, but to the way we think about those. Therefore, our way of thinking causes our feelings and our feelings cause our behaviors. If we can change the way we think about our objective experiences, we can also change the way we feel and behave. But for this, we need to know our way of thinking first.

the duration of the course with precise information regarding training days and hours:

- a minimum of 100 hours of training and practice in a minimum of 70 days
- a minimum of 20 hours of group exercises in a minimum of 20 days

Competence:

This program enables you to learn about the impact of thoughts on emotions and mood and the Impact of emotions on behavioral reactions. You will become more aware of your automatic thoughts and change your emotional state by changing your thoughts. This curriculum includes 100 hours of training and practice in 70 days and 20 hours of group practice in 20 days.

Training Program:

Cognitive-Behavioral Coaching, ICI		
Type	Topics	Hours
Trainings	Introduction to coaching and questioning	3
Trainings	Principles of Cognitive Behavioral Coaching	3
Trainings/Practice	ABC Model	6
Trainings/Practice	Perceptual Filters	4
Trainings	Cognitive Distortions	9
Trainings/Practice	Dealing with Cognitive Distortions	9
Trainings/Practice	Designing and Conducting Behavioral Experience	6
Trainings/Practice	Attention and Awareness, Retraining Attention	6
Trainings	Defining Problems	3
Trainings/Practice	Problem-solving and Problem-creating	3
Trainings/Practice	SOLVE model	3
Trainings/Practice	Troublesome Emotions	3
Trainings/Practice	Anxiety and fear	6
Trainings/Practice	depression	6
Trainings/Practice	Anger	6
Trainings/Practice	Overcoming Obsession	3
Trainings/Practice	Low self-esteem by Accepting yourself	3
Trainings/Practice	Identifying core beliefs, The three camps of core beliefs	6
Trainings/Practice	How to change core beliefs	6
Trainings/Practice	Strengthen new beliefs	6
Practice	Group Exercise	20
Total Hours		120

120 hours, 90 Days

This training enables you to:

- Solve your problems in an efficient way
- Solve your emotional problem such as anger, depression, anxiety and fear
- Control distracted attention to achieve peace of mind
- You get familiar with the effect of thought on feelings and behavior
- Become more familiar with feelings and emotions. Learn how to change them.
- Get acquainted with cognitive distortions and do not fall into their trap
- Discover your hidden beliefs
- Change limiting beliefs
- how to strengthen your new beliefs

The ICI certificate for: "Cognitive-Behavioral Coaching (CBC), ICI" must include:

1. the correct title of the qualification: "Cognitive-Behavioral Coaching (CBC), ICI"
2. the duration of the course with precise information regarding training days and hours (at least 120 hours including 20 hours group exercise and 100 hours Training/Practice)
3. the date of the first and last day of the training
4. a statement that all ICI guidelines have been met
5. the ICI seal (sticker with ICI logo and seal number)
6. the signature of the "Coach Master Trainer, ICI"

The following statement is optional for an ICI sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in Psychology with a Focus on Coaching.

For more details, please refer to "ICI Certification Guidelines"